



*Safe Sleep  
is hard,  
but your  
baby is  
worth it.*

**Follow these steps for safe sleep:**

1. Make a safe sleep plan and follow that plan - even when you are exhausted.
2. Always follow the ABC's of Safe Sleep
  - a. Alone:** Not with other people, pillows, blankets, or stuffed animals
  - b. Back:** Always place your baby to sleep on his back-Not on the stomach or side.
  - c. Crib:** Always place your baby to sleep in his crib-Not on an adult bed, sofa, cushion, or other soft surface.

Babies can die when sleeping in adult beds. Always put your baby to sleep on his back, alone in a crib. If you can't afford a crib, call (334) 206-5675.

